



Supporting Students' Mental Health



Agenda

Quick Intro to SUNY

What the Transition to College Looks Like

Mental Health Trends in College Students

Services and Supports Available at SUNY

Question & Answer

Conclusion



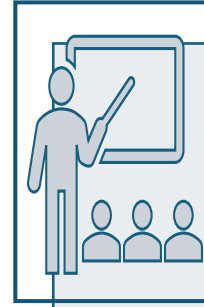
Overview of SUNY System



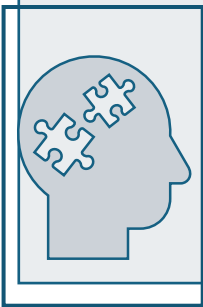
Overview of SUNY System



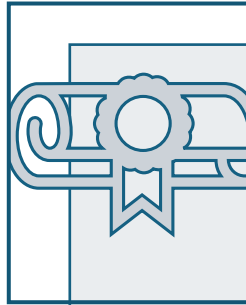
64 campuses, including research universities, liberal arts colleges, community colleges, and technical institutions



Serves roughly 370,000+ students across all campuses



Largest comprehensive university system in the U.S.



Offers over 7,000 degree and certificate programs.



Campuses span urban, suburban, and rural communities.



Benefits of Attending a SUNY School



Affordability: Lower tuition costs compared to private institutions, with strong financial aid options.



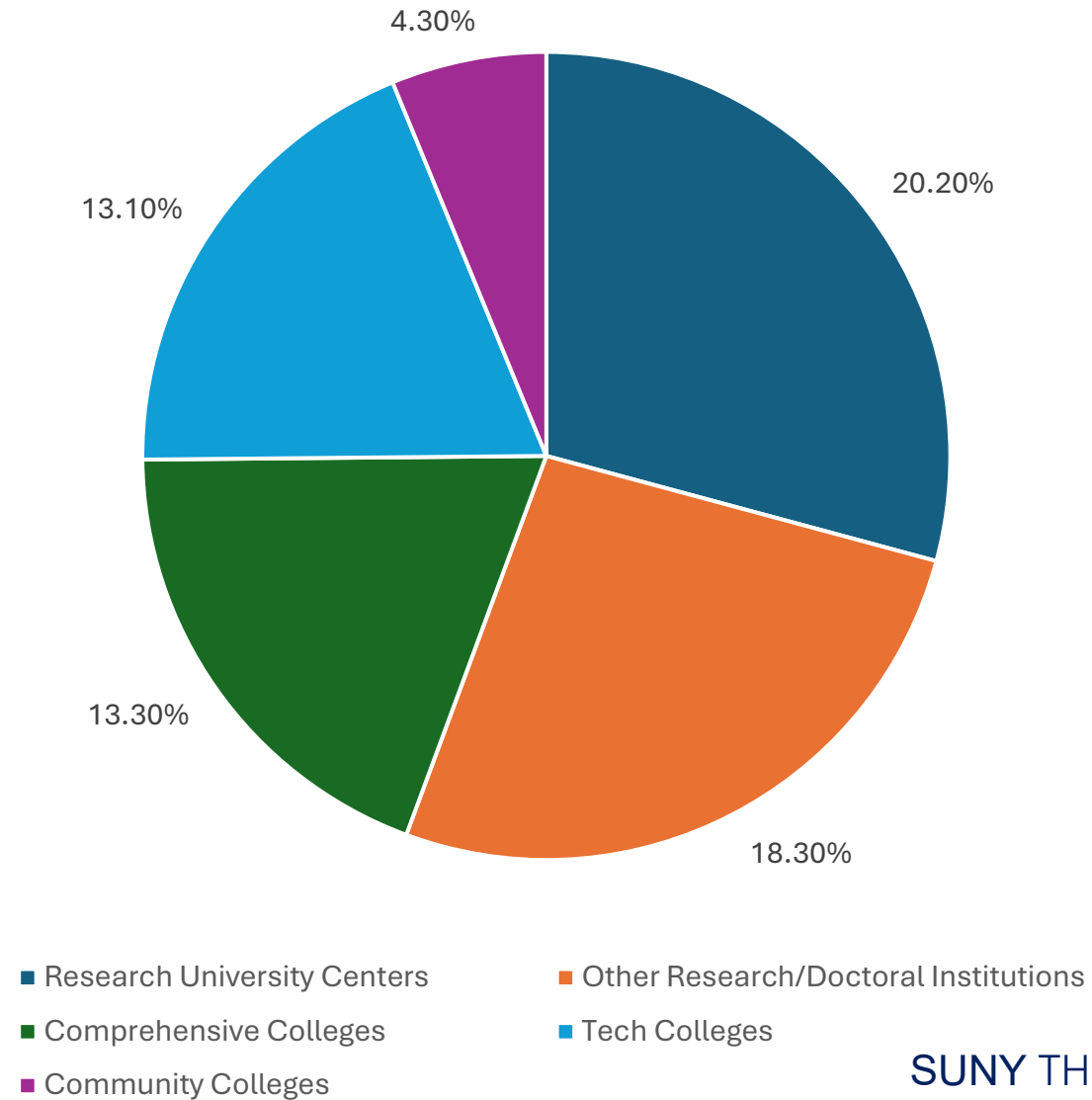
Academic Variety: Programs ranging from STEM and liberal arts to vocational and professional studies.



Student Support Services: Extensive academic, career, and personal counseling resources.



Percentage Breakdown of NYC Student Enrollment + Campus Type





Understanding the Transition to College



Emotional and Academic Challenges

Students may struggle with homesickness, loneliness, or imposter syndrome.

The shift from a structured high school environment to self-directed learning can be overwhelming.

Balancing academics, social life, and responsibilities can lead to stress.

Students may be dealing with mental health issues for the first time while at college



Importance of Independence and Self-Advocacy

Students need to learn how to ask for help, manage time, and seek resources independently.

Discuss the significance of developing organizational skills and self-care habits.

College is a steppingstone to adulthood. Independence helps prepare students for life after graduation.

Self-advocacy is how students take control of their college experience.



Adjusting to New Expectations and Responsibilities

Increased workload, different teaching styles, and larger class sizes

Living with roommates and managing personal schedules

Financial awareness: budgeting, financial aid, and understanding tuition costs

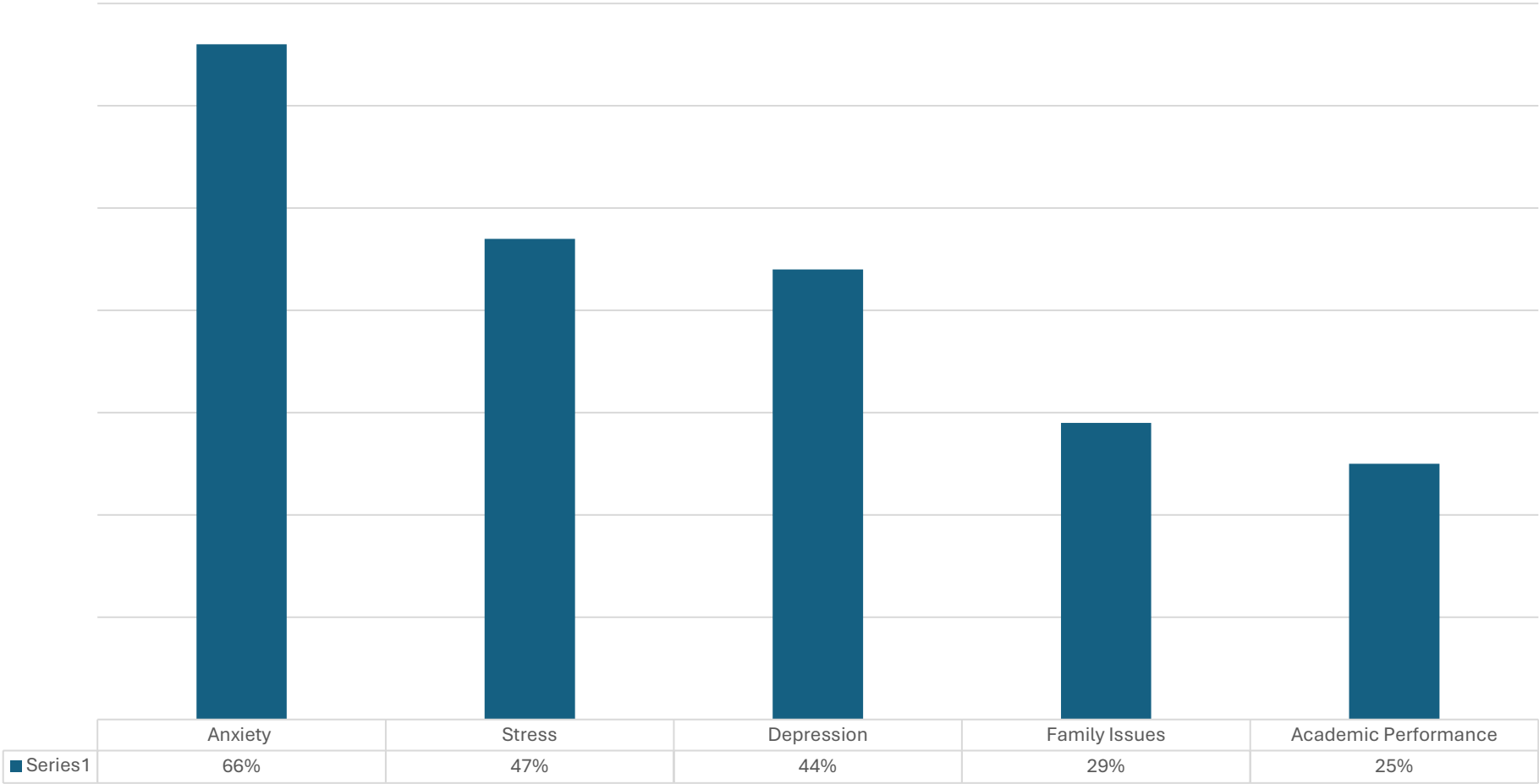
College brings more freedom than most students have ever had



Trends in College Student Mental Health



Top Five Mental Health Concerns of Students Seeking Mental Health Treatment





Post-Pandemic Considerations

Feelings of
Isolation

Social
Comparison on
Social Media

Difficulty
Transitioning Back
to Traditional
Learning

Social Anxiety and
Reentry Stress

Grief and Trauma



Positive Trends from Healthy Minds Annual Report

38 percent of undergraduates surveyed over the past year reported experiencing moderate or severe depression symptoms, down from 44 percent two years ago.

There are decreases in symptoms of anxiety, depression and thoughts of suicide, and increases in receiving mental health care and support.

Non-suicidal self-injury dropped to 13% in 2024, 2% less than 2022 and 1% less than last year.

**Healthy Minds Network Annual Report 2324*



Mental Health Supports at SUNY Schools



Student Mental Health & Wellness Investments Across SUNY

Federal ARP

\$24M in one-time mental health and wellness funding

State Operated

\$10M in recurring mental health investments in 23-24

Community Colleges

\$3M in recurring mental health investments in 24-25

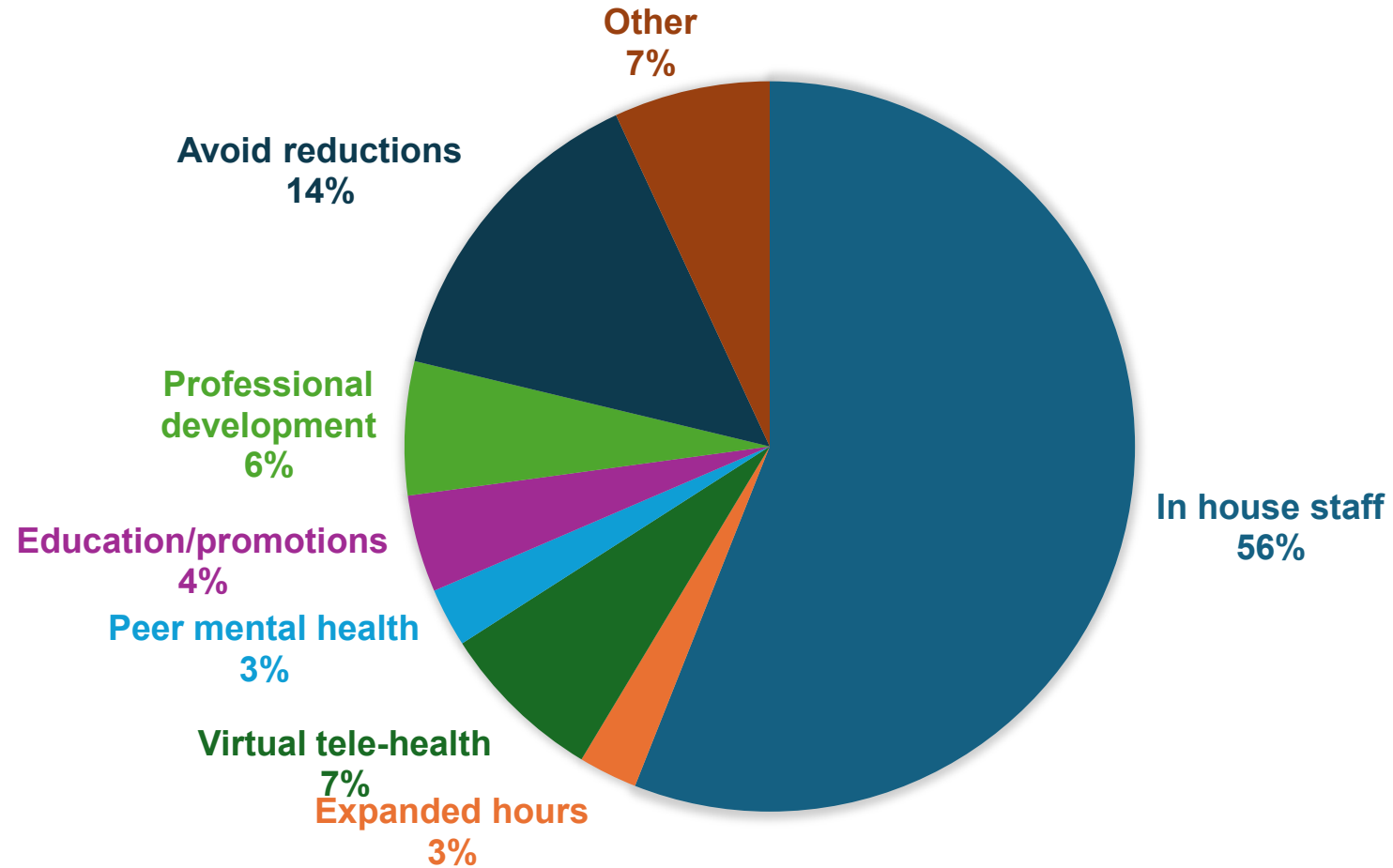
SUNY Tele-Psychiatry

Ongoing investment in network that services SUNY students

**SUNY's Mental Health Resource Finder provides information about community-based care*



State Operated Campuses Mental Health Investments





Investments Making a Difference for Students

At State-Operated Campuses...

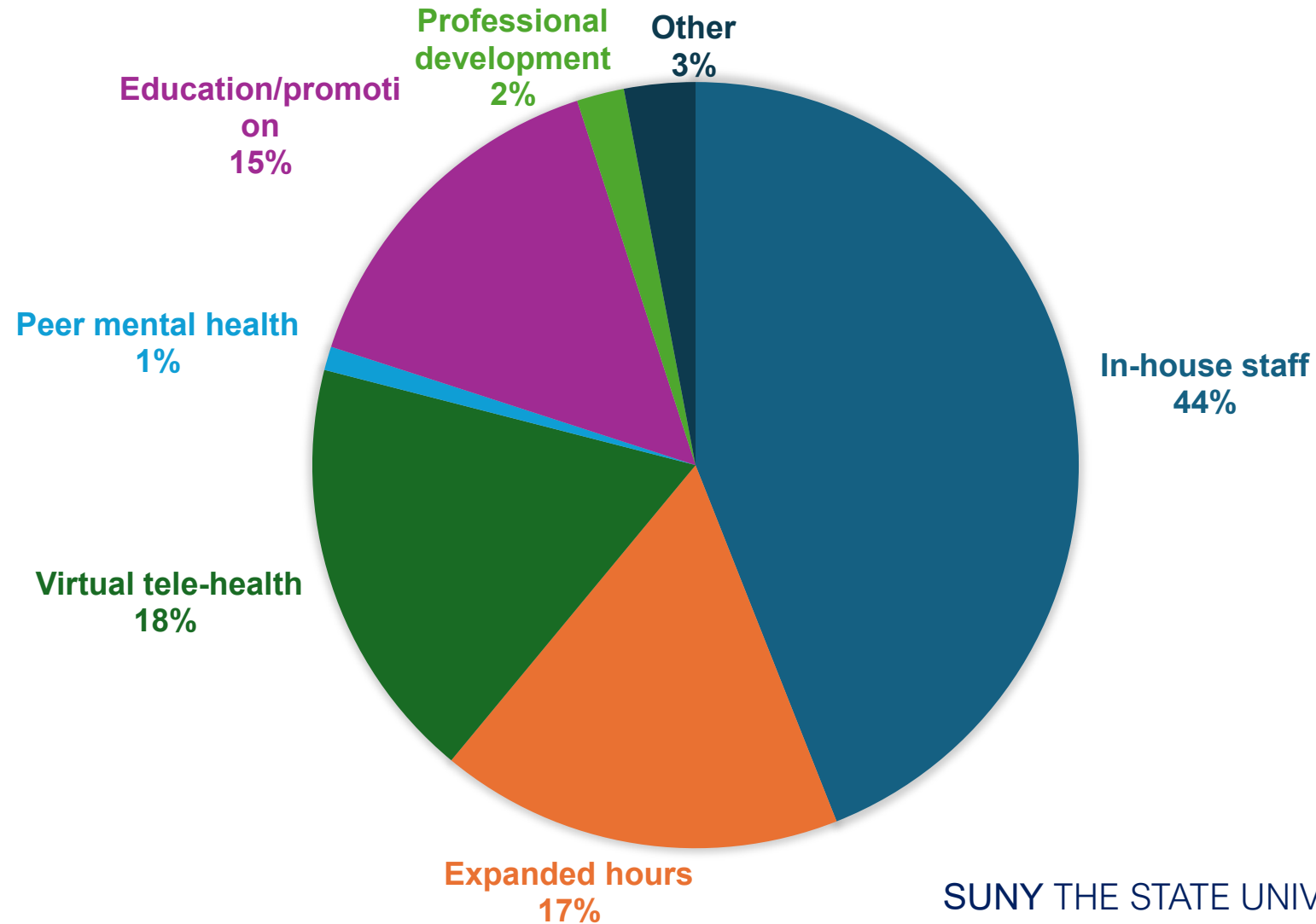
Added over 100 new mental health staff – half of which are mental health counselors

More tele-mental health services – 9 new contracts with vendors and another 5 in progress or being explored

Already seeing reduced wait times for both new and established patients at counseling centers



Community Colleges Mental Health Investments





Investments Making a Difference for Students

At Community Colleges...

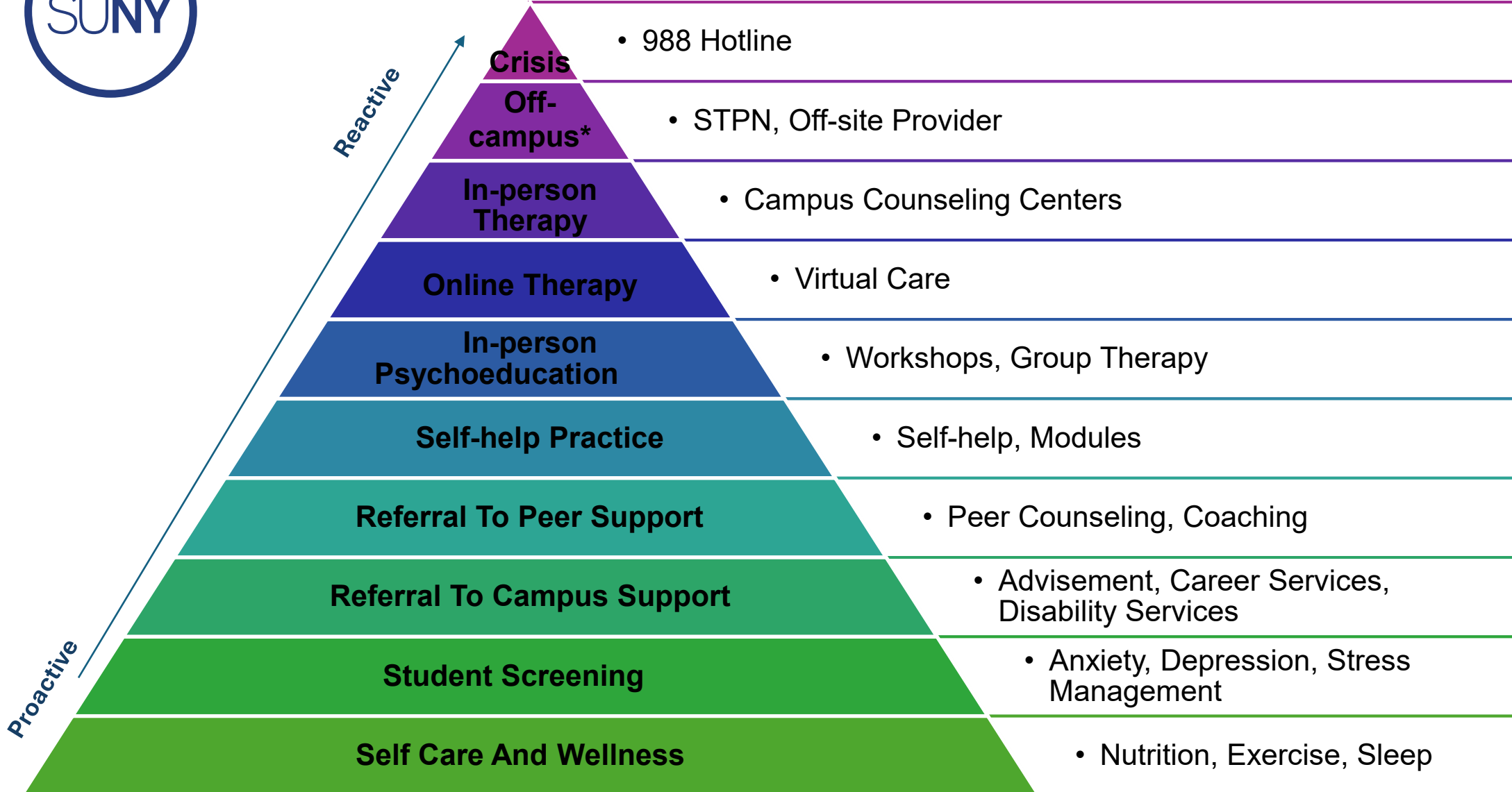
Adding over 20 new
mental health staff –
Over half of which
are mental health
counselors

More tele-mental
health services –
12 new contracts
with vendors in
progress

More
destigmatization
efforts –
16 colleges
expanding education
and programming
efforts



Students Have Different Needs...



Services offered varies by campus and services listed are examples and not exhaustive **SUNY THE STATE UNIVERSITY OF NEW YORK**

*SUNY mental health repository available to assist students with accessing resources



Question & Answer



**What questions
do you have?**





Conclusion



Key Takeaways:

- Transitioning to college can be challenging, but SUNY schools offer strong support.
- Mental health services are available, but students must take initiative to access them.
- High school counselors play a crucial role in preparing students for this transition.

Future Considerations:

- Continue mental health awareness initiatives in high schools.
- Foster open discussions with students about emotional well-being and self-care.

Contact Information for Follow-Up:

- mentalhealth@suny.edu

